

## Journaling

ournaling is a special kind of writing. It's a story that the writer adds to each day, but it's not a made-up story. It's a diary, a written record of the writer's



thoughts. After some time has passed, the writer can look back and read what he or she was thinking and doing a week ago, a month ago, a year ago or longer. Some of the most interesting things historians have learned about important people such as presidents and royalty and inventors and famous artists have come from the journals those important people kept.

**To do:** As you follow the story of the Overmountain Men of 1780, keep a journal of your thoughts and feelings about the story and its characters. Make a **journal entry** every day.

Do you think there is real danger? Who is afraid? Who is confident? Are people making reasonable choices about what to do? Would you have done something differently? What and why? Would you have joined the Patriots or the Loyalists? What if your brother or father were fighting against you on the other side? Would that change your mind? Some of those militiamen faced that very situation.

Put yourself into the story. Almost any question you ask yourself about the story will help you think about how you feel and what actions are right and which are wrong.

Add to your journal every day based on what you know about the story up to that day. When you reach the end of the story of the Overmountain Men of 1780, you can review your journal and see how your thoughts and feeling changed day by day as the story progressed. Imagine what the Overmountain Men must have

been thinking and feeling each day. How is your experience of life today the same and how is it different from what they experienced? Talk to a classmate about your



journals. How was your writing similar? How was it different? Did you enjoy journaling? Many people, famous and not famous, write in their journals every day.

Are you thinking about keeping a journal?